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<http://www.lakenheath.af.mil/current/jet48.htm>

Outgoing JCS chairman says farewell

Upon the completion of my tenure as chairman of the Joint Chiefs of Staff I want to convey deepest thanks to each soldier, sailor, airman, marine, coastguardsman and civilian who serve this great nation and support the mission throughout the globe.

We have made quantum leaps in achieving new levels of effectiveness in joint warfighting. U.S. forces are admired in every corner of the world -- for professionalism, military skills, dedication to duty, can-do spirit and compassion. The citizens of the United States can be justifiably proud of the military's outstanding service.

Gen. Hugh Shelton will soon become the chairman of the Joint Chiefs of Staff. I am con-

fident of his leadership and know that he will receive the same loyalty and support in dealing with the challenges and tasks ahead.

The professionalism of the men and women who serve is extraordinary. Thanks for a job well done -- it makes me extremely proud. The past 39 years have been very exciting and rewarding and I would certainly do it all over again, if it were possible. However, the time has come to say farewell. Mrs. Shalikashvili joins me in saying goodbye and wishing you and your families all the best for the future.

With deepest thanks and best wishes,

Gen. John Shalikashvili
Chairman, Joint Chiefs of Staff

Hispanic Heritage Month

Quinceanera signifies girl's passage from childhood to womanhood

By TSgt. Debbie Gallegos
Chairman, Hispanic Heritage Committee

A Quinceanera is a traditional Mexican ceremony that officially signifies a young girl's passage from childhood into womanhood. This religious ceremony is a coming out of sorts, similar to the "sweet sixteen" celebration, but observed when a girl turns 15.

This tradition originated with the Aztecs in Mexico and is similar to rituals observed by American Indians. The Franciscan missionaries began to focus the ceremony on Christ and a bilingual Mass is held to honor this coming out. During the Quinceanera a girl renews her baptismal promise to serve God.

A procession of 15 couples -- referred to as padrinos -- march into the church to begin the ceremony. The padrinos are very important in a Quinceanera because they are given the honor of welcoming the girl into adulthood.

The festivities usually include a limousine, five-layer cake, diamond ring, music band, renting of a hall for the reception and dance, mariachi choir, Bible, rosary, bracelet, necklace, white laced gown, tuxedos and other gifts.

The dance is begun with the traditional song, "La Marcha" or "The March," and the girl walks down the aisle with her father. The mariachi band then sings the customary Mexican birthday song, "Las Mananitas." The entire festivity lasts until the early morning hours of the next day.

Surety inspection countdown 24 days

Did you know that personnel on the Personnel Reliability Program:

- ☐ are allowed limited self-medication?
- ☐ must be briefed on their PRP responsibilities by their unit PRP monitor prior to all TDYs?
- ☐ inform all support agencies of their active PRP status before getting treatment or consultation?

See your unit PRP monitor for details.

48th Fighter Wing history fact

The 48th Fighter Group received the Presidential Unit Citation for the heroism and professionalism its pilots displayed when they supported ground troops deployed against Germany Dec. 6, 1945. The group committed itself so well that the ground forces were able to advance rapidly through this sector, despite extremely bad weather and heavy ground fire.



Early detection key to combating breast cancer

By Marla Bernard
48th Medical Operations Squadron

The most common cancer in women is breast cancer. Over 145,000 cases of breast cancer are found in the U.S. each year and 45,000 women die of this disease each year. It is the second most common cause of cancer death in women.

At least one out of every 10 women get breast cancer during their lifetime. Although factors such as a family history of breast cancer increases a woman's chance of getting this form of cancer, every woman is at risk. In fact, 75 percent of breast cancers occur in women with no risk factors at all.

The key to combating breast cancer is finding it early when it is still small. There are several screening methods that are used to detect breast cancer at an early stage. One of these is the breast self examination. This is a quick physical and visual exam that women can perform themselves. Doctors recommend that women over the age of 20 do a BSE every month, one week after the start of menstruation. Classes on how to do breast self exam are available to the RAF Lakenheath, RAF Feltwell and RAF Mildenhall communities by calling the Lakenheath Hospital at Ext. 6396.

The clinical breast exam is another method of breast cancer early detection. This is a physical exam of your breasts, similar to the self breast exam, that is performed by your health care provider. It is recommended that women between the ages of 20 and 40 have one of these every three years and women over the age of 40 should have one every year.

Mammography is the third method of screening for breast cancer. Mammography is a special x-ray of the breast that can often find a lump before it can be felt. Over 40 percent of cancers are found by mammography alone. When breast cancers are found at an early stage by mammography, earlier treatment is possible which can many times lead to a cure.

Unfortunately, mammography cannot find every breast cancer early. Some women, particularly under age 35, have radiographically dense breasts. This means that the breast tissue is of a

type that can prevent cancers from being seen. About 10 percent of breast cancers can be felt but cannot be seen by mammography. Because of this, a woman needs to have both mammography and regular physical examinations. Mammography cannot replace monthly breast self exam and the annual physical exam by your health care provider. Although it is rare, breast cancer can occur in men. Therefore, any man who finds a lump in his breast should have it checked by his doctor.

Mammography uses a very low dose of radiation and is quite safe. Experts calculate the risk of getting breast cancer from the mammography radiation is one in a million. (This is the same risk as dying from a single chest x-ray or from drinking thirty cans of diet soda.) Breast tissue in younger women is more sensitive to radiation, and is also radiographically dense, so mammography is avoided in women under age 35 except in special cases. After age 35, however, the benefits of screening with mammography far exceed the very small risk from radiation exposure.

The recommended screening guidelines for breast cancer in women without any known problems include:

- ☐ Monthly self breast exam beginning at age 20.
 - ☐ Breast exams by a health care provider every three years between the ages of 20 and 40 and every year after 40.
 - ☐ Baseline mammogram by the age of 40 (i.e. between age 35 and 40)
 - ☐ Screening mammogram every 1 to 2 years from age 40 to 49 and every year after age 50. Some organizations, including the American Cancer Society and the American College of Radiology, recommend a screening mammogram every year after age 40.
- For women with a strong family history** (3 or more relatives with breast cancer, or anyone whose mother or sister had breast cancer before age 40):
- ☐ Breast exams every year by a health care provider beginning at the age of 25.
 - ☐ For women who have a sister or mother who had breast cancer before menopause, annual screening mammography should begin at an age 5 years younger than the age of her sister or mother at time of diagnosis, or age 35, whichever is earlier.

Activities set for National Disabilities Awareness Month

By Capt. Ann Musto
48th Medical Operations Squadron

National Disabilities Awareness Month is a special emphasis program. It falls under the category of similar programs such as National Black Heritage Month, Hispanic Heritage Month and Women's History Month. The purpose of National Disabilities Awareness Month is to recognize our disabled population and their valuable contributions to society.

The term "disabled" does not apply only to the physically disabled person. It also includes the emotional and learning disabled population. With this in mind, the population can include the military spouse, child and active duty member.

Three legal documents that guide us in promoting and protecting the rights of these individuals are the Rehabilitation Act of 1973, the Education of All Handicapped Children Act of 1975 (Public Law

94-142), and the Americans with Disabilities Act of 1990.

The Rehabilitation Act, Section 503, is specific to federal contractors and is utilized by the Equal Employment Opportunities office at RAF Mildenhall.

Public Law 94-142 and Section 504 of the Rehabilitation Act of 1973 ensure that all children, despite any disabilities, have available to them "a free and appropriate public education." Many programs are available to our children through the Air Force Services for Exceptional Children program.

The Americans with Disabilities Act is divided into five titles and promotes making "American society more accessible to people with disabilities." This act primarily affects businesses and accommodations for disabled employees.

The focus of this year's observance is to increase public awareness and sensitivity in regard to our military and civilian disabled population.

Community functions this month include:

☐ RAF Lakenheath and RAF Mildenhall library displays featuring books written by and about people with disabilities.

☐ RAF Lakenheath AYA presentation at 3:30 p.m. Oct. 10. Teachers and students from RAF Lakenheath Elementary School will address educational and sensitivity issues in regard to interacting with our disabled population. Target audience is parents and the after-school students.

☐ Liberty Intermediate Unit community displays featuring student interpretations of "What it means to be disabled" through the use of written and drawn mediums.

☐ Listings of videos with a brief description of contents regarding physical, emotional and learning disabilities, posted at Electric Avenue and the shoppette.

☐ A luncheon from 11:30 a.m. - 1 p.m. Oct. 15 in the officers' club ballroom. Guest speakers are Karen Smith and Capt. Mark Martello, family advocacy. Make reservations by Oct. 3 by calling Ext. 5921.

Nine majors selected for promotion

Nine 48th Fighter Wing majors were selected for promotion to lieutenant colonel. The calendar 1997 Central Lieutenant Colonel Board selected 1,292 majors for promotion Air Force wide. The board convened July 21 and the list of promoted officers was released Thursday.

Liberty Wing selectees are majors:
Joseph P. Breen, 48th Operations Group
Larry A. Cross, 492nd Fighter Squadron
James E. Dennis, 494th Fighter Squadron
Mark P. Fitzgerald, 493rd Fighter Squadron
Norman W. Reece, 494th FS
Russell Sackett, 48th Operations Support Squadron
Marc A. Luiken, 48th OG
Mark A. Miller, 493rd FS
Fowler Ragland, 48th OG

The statistical results for in-the-promotion zone are:

□ 1,163 majors selected for lieutenant colonel from 1,845 considered for a 63 percent select rate.

□ Pilot select rate was 71.7 percent, navigators 59.2 percent, non-rated operations 57.7 percent and mission support 61.1 percent.

Selection statistics above-the-promotion zone are:

□ 33 majors selected for lieutenant colonel from 960 considered for a 3.4 percent select rate.

□ Pilot select rate was 4.3 percent, navigators 5.3 percent, non-rated operations 2.9 percent and mission support 2.6 percent.

Selection statistics below-the-promotion zone are:

□ 96 majors selected for lieutenant colonel from 4,061 considered for a 2.4 percent select rate:

□ Pilot select rate was 3.6 percent, navigators 1.3 percent, non-rated operations 2.9 percent and mission support 1.8 percent.

USAFE stands down for flight safety

RAMSTEIN AIR BASE, Germany (USAFENS) – Training flights and some operational missions will not occur throughout USAFE as the Air Force observes a flight safety day today.

Secretary of Defense William Cohen ordered a 24-hour safety stand down of training flights for each U.S. military service after a string of military aviation mishaps. The purpose of the stand down is to give those who fly and maintain U.S. military aircraft time to focus on that goal – making flying as safe as possible.

The Liberty Wing will observe the flight safety day today.

All USAFE routine training, exercise and demonstration flight activities will be canceled to allow every unit to focus on ways to identify, assess and offset the inherent risks of aviation. The stand down will also affect operational flights that can be rescheduled without mission impact. Fighter and tanker/trans-

port missions in support of Operation Joint Guard in Bosnia-Herzegovina and Operation Northern Watch are not affected by the stand down. Crews that fly on Friday will be given the opportunity to participate in stand down day activities either before or after Friday's command-wide stand down.

The Air Force has made continued progress in aviation safety over the past several years. Fiscal year 1996 was the safest on record for total number of Class A mishaps, those accidents involving any of these conditions: loss of life or aircraft or at least \$1 million in damages.

USAFE has exceeded even that record with only one Class A mishap this fiscal year. That mishap occurred Aug. 6, 1997 when an F-15E assigned to the 48th Fighter Wing, RAF Lakenheath, sustained engine damage. Although the aircraft did not crash, the damage classified it a Class A mishap.

Quick thinking employee saves child's life

By SSgt. Jody Clor
100th Air Refueling Wing Public Affairs

An unforgettable act of kindness is forever etched into the memories of several Team Mildenhall and Lakenheath members.

While visiting a Lakenheath insurance office with her parents, a toddler nearly choked to death on a piece of candy before an insurance saleswoman rushed to her side and performed the Heimlich maneuver, dislodging the candy from the blocked air passage.

Rebecca Sugden's Sept. 8 was already going to be a little special. She has worked for the company for one year and was enjoying the morning of her first anniversary. She and her husband TSgt. James Sugden, noncommissioned officer in charge of the 100th Operations Group European Tanker Task Force, arrived here from Fairchild Air Force Base, Wash.

"I was talking to a customer on the phone and could hear a little girl in the other room ask for some candy," Sugden said. "After I hung up the phone I heard another lady in the office say, 'She's choking.' I peeked around the corner and saw the little girl struggling to breathe. Then I heard the child's mother yell, 'My God, she's choking!' And they started to

pat the little girl on her back in order to dislodge the candy."

The child, McKenzie Schack, is the daughter of Capt. Rod Schack and wife, Tami.

"I was moments away from performing the Heimlich on McKenzie myself," said her father, a 3rd Air Force Intelligence Operations officer, "but as a parent it's different ... sometimes you think too much instead of reacting."

React is exactly what Sugden did.

"I walked over, bent down and put my arms around her and began the Heimlich," Sugden said. "I gave two or three thrusts to her upper chest but nothing was happening."

The bridge of McKenzie's nose began turning blue and the mother of two had to respond quickly knowing time was running out.

"I knew the hospital was across the street," Sugden said. "If one more attempt didn't dislodge the candy, I would have scooped her up in my arms and ran her to the emergency room."

But the last thrust did work. The orange piece of candy shot out of McKenzie's mouth.

"McKenzie started crying," Sugden said. "And my heart started pounding, after the adrenaline rush started to take over."

Sugden said the rest of her Monday afternoon was very quiet compared to the morning.



Courtesy photo

Rebecca Sugden holds up McKenzie Schack.

The next day she received yet another surprise from the Schack family. No more choking incidents, just flowers.

"They bought me a bouquet of flowers and thanked me for the kindness I gave to McKenzie," Sugden said.

Holiday video greetings team visits UK bases

By Staff Sgt. Jody Clor
100th Air Refueling Wing public affairs

The holidays are fast approaching.

With their arrival comes the chance for active duty military, family members and Department of Defense civilians to send video greetings back home to U.S. television stations.

A three-person Army Air Force Hometown News video team will visit England's bases Oct. 8 through 10. The agency provides people serving overseas the opportunity to send Christmas and Hanukkah holiday greetings to their loved ones.

According to Hometown News officials, this program was developed for eligible members and their families who will not be home for the holidays. Those who make a permanent change of station or exit the service prior to the holidays or who will be home on leave for the holidays are not eligible for the program.

All military members taping a greeting must be in the uniform of the day, but can elect to wear their class A uniform.

Those wishing to participate should bring their hometown address books with them. Members can send messages back to bonafide family members in the States. Fiancees are not accepted as next-of-kin on the release form. Anyone can be spoken to on the taped message, but the release form must have a

relative listed for notification and release.

Locations, dates, times and places of taping are:

RAF Lakenheath - Oct. 9 from 8 a.m. to 6 p.m. at the Liberty Club.

RAF Mildenhall - Oct. 8 from 9 a.m. to 6 p.m. at the gazebo next to the Bob Hope Community Center.

RAF Croughton - Oct. 10 from 8 a.m. to noon at the All Ranks Club.

RAF Alconbury - Oct. 10 from 2 p.m. to 6 p.m. at the base chapel.

Due to time constraints, the team can't make additional trips to RAFs Fairford, Molesworth or Upwood; however, people from these bases are encouraged to tape their greetings at the nearest location. In fact, those stationed anywhere in the United Kingdom who are eligible to participate are welcome at any of the taping locations, regardless of their assigned base.

In the taped greeting, participants must tell who they are, where they're stationed, who the message is going to and where the relatives live. The greetings should be 10 to 15 seconds long.

For more information on the television greetings or to schedule an appointment here, call SrA. Lisa Krebs at Ext. 5641. Call Ext. 89-4018 for RAF Mildenhall; Tech. Sgt. Phil Berube at DSN 268-2323 for RAF Alconbury; and Pam Robbins at DSN 236-8426 for RAF Croughton.

People first:

Officials discuss retirement, separation moves

Question: I understand I'm authorized to make one final move at government expense once I separate or retire. How long do I have, and is it possible to extend this time frame?

Answer: Separating Air Force members are authorized a final move at government expense to their home of record, or to a location no farther than their home of record, within six months following their date of separation, unless an extension is granted. However, members separating under the voluntary separation incentive or special separation bonus programs are authorized one year from their separation date to move, unless an extension is granted.

Retirees are authorized a move to their home of selection within one year following their date of retirement, unless an extension is granted. Retirees may select a home of selection location anywhere in the continental United States or an overseas location if that is the place from which they entered the service.

Air Force officials recognize that sometimes unexpected things happen following separation or retirement that preclude a member from making the final move within the established time frame. Extensions to the home of record or home of selection entitlement can be granted if:

❑ The member is hospitalized or undergoing medical treatment during the period of the entitlement.

❑ The member is enrolled in an education or training program for the purpose of ob-

taining post-separation or retirement employment.

Extensions can also be granted in other deserving cases.

The other deserving cases category includes unforeseen events that prevent a move within the established time frame. Some examples are death or terminal illness in the immediate family, an unsuccessful job search, and legal and administrative proceedings. Proper documentation must be provided to support any extension request.

Congress intended for the final move entitlement to be related to separation and retirement, therefore, there is a six-month and one-year limitations. The rules governing extending these entitlements are very strict.

Planning ahead, in the vast majority of cases, will help ensure a successful move and afford members the opportunity to take full advantage of all authorized entitlements. For more information on retirement or separation moves, contact your transportation management office.

Question: With all the talk about realistic career expectations, where can I get information on the best possible career path for my specific Air Force specialty?

Answer: Publication of the enlisted career path will be handled differently than officers. The Air Force enlisted career path will be incorporated into Career Field Education and Training Plans, or CFETPs, for each career field. The career path outlines ex-

pected times for promotion, training requirements, re-enlistment and retraining programs – all the milestones that make a successful enlisted career. Although the career path is not Air Force specialty specific, functional managers may choose to include career field specific career paths in the CFETP. Updates to CFETPs are currently under way.

The Officer Professional Development Guide (Air Force Pamphlet 36-2630) has been approved and is currently being printed. This pamphlet is designed for commanders, supervisors, and active-duty officers. The guide provides a general map for officers to study. It points out that successful officers travel a path that develops them personally and professionally through an ever-continuous process of self-study, formal education, training and experience. The pamphlet begins with an introduction giving overall Air Force officer career expectations and continues with sections on each major career field. The Officer Professional Development Guide is available on the Air Force Personnel Center home page at <http://www.afpc.af.mil/> under military/civilian jobs.

Civilian career paths will remain largely unchanged. The career paths for each of the 19 career programs are currently available in the Air Force Civilian Career Planning Manual (AFM 36-606). The manual is currently undergoing revisions to incorporate a leadership development path. Expect to see these changes this fall.

Information provided by Air Force Personnel Center

Support local programs through CFC

U.S. military members and federal employees stationed overseas once again can contribute to their family support and youth activity programs through this year's Combined Federal Campaign.

Last year, donors gave more than \$252,000 to family support and youth activity programs throughout the armed services via the CFC. Contributions support life skills and citizenship training, leisure and recreation activities, intervention and support services, as well as sports and fitness programs.

The 1997 CFC-O contributor brochure lists family support and youth activity programs under the designation "FSYP." Donors who want to designate their contributions in whole or in part to these programs in their area can do so simply by entering "FSYP" in the "Four-Digit Agency Code" section of their pledge card.

The 1997 Combined Federal Campaign kicks off Wednesday and lasts six weeks. For more information about how to make a donation, contact your unit coordinator. They are:

48th Logistics Group

SrA. Todd Werther, Ext. 7071
MSgt. Steven Niesen, Ext. 7010
MSgt. Raymond Parker, Ext. 2478
TSgt. Ralph Solomon, Ext. 3410



1st Lt. Wade Wegner, Ext.
1st Lt. Joseph Browning, Ext. 2012

48th Medical Group

SSgt. Ruth Bout, Ext. 6030
Capt. Albert Moreno, Ext. 6201
MSgt. Barbara Greenlaw, Ext. 3211
TSgt. Tom Clark, Ext. 5668
SSgt. Ken Celestine, Ext. 5667
TSgt. Anthony Brice, Ext. 2903
SSgt. Gerald Jenkins, Ext. 6208

SSgt. Mike Tedesco, Ext. 2127

48th Operations Group

1st Lt. Troy Gilbert, Ext. 4244
MSgt. Angelo DeArco, Ext. 2595
1st Lt. Launa McNeal, Ext. 2325
1st Lt. David Moeller, Ext. 4494
1st Lt. Brian Armstrong, Ext. 4494

48th Support Group

SSgt. Cathy Deeter, Ext. 6093
SSgt. Rob Gritton, Ext. 4979
TSgt. Terele Kincade, Ext. 3553
1st Lt. Theodore Breuker, Ext. 3656
Amn. Veronica Jacques, Ext. 2995
2nd Lt. John Spero, Ext. 4530
SrA. Melony Cunningham, Ext. 4500

Department of Defense Dependent Schools

Dr. Rucker, Ext. 7007
Mr. Drozdowski, Ext. 3721
Kathleen Brennan, Ext. 5557

Tenant units

SSgt. Mike Tavernier, 5th SPSS, Ext. 7553
TSgt. Don Lilya, Menwith Hill, 262-6036
Donna Meagher, AAFES, 532882
Juanita Hartling, DECA/OSI/Det 4, 18th IS/451st IS/18th IS, Ext. 3515

Tips for shipping pets on military aircraft

SCOTT AIR FORCE BASE, Ill. (AFNS) — When it's time to move overseas, transportation for military members and their families is usually a given. Even though "Fido" or "Fluffy" may rate higher than some members of the family, their travel arrangements are not so automatic.

"People should know that there are guidelines when shipping pets overseas aboard Category B (military contracted) flights," said MSgt. Rodney R. Moss Jr., chief of the Air Mobility Command passenger reservation control center and pet waiver authority for the Army and Air Force.

"Only passengers who are permanently changing stations can request pet shipment," he said. The term "pet" is loosely used. In actuality, only dogs and cats can be flown on Cat. B flights.

Moss said people can apply for a waiver to ship more than the policy-limited two pets. Waivers aside, there are numerous other things military pet owners must complete before they can check their pets at the airport. Just like people, pets need reservations. Reservations can be made through local traffic management offices.

If the pet doesn't have a confirmed reservation on the Cat. B flight, the owner is responsible for all necessary arrangements, including shipment via other means, said Moss. For people who don't want to see "Fido" bumped at the terminal, Moss recommends making arrangements as far in advance as possible.

"Space is limited on Cat. B flights, and pet shipment requests are handled on a first-come, first-served basis," he said. "People should let their TMO representative know they have a pet during their initial assignment briefing. Upon requesting reservations, passengers must also present a rabies vaccination certificate or veterinary health certificate to their transportation office as proof of ownership. The rep can explain how to make a pet reservation and all other

requirements for shipment," he added.

Moss said it's the passenger's responsibility to comply with all documentation, immunization and border clearance requirements needed for pet shipment. These certificates are presented to a transportation representative at the airport when the passenger checks in.

The owner must also declare if a pet is pregnant, said Moss. But just because "Fluffy" is with kitten doesn't automatically place her on the no-go list. Pregnant pets can travel if accompanied by a veterinary certificate noting the animal is fit to travel and there is no risk of birth occurring during the journey, he said.

In addition, Moss said pets must be transported in International Air Transport Association-approved containers. The animal must be able to stand, turn around and lie down with ease while in the container. Two dogs or two cats of comparable size (up to 30.8 pounds each) that are used to cohabitation may be shipped together in the same container, but a dog and cat can't travel in the same container, according to Moss. Furthermore, if "Fido" has been hitting the table scraps a little too hard and he and his container tip the scales at 100 pounds, Cat. B flight is not an option.

"We no longer ship animals that weigh (in their containers) 100 pounds or more," said Moss. However, "heavyweights" that were transported overseas by Air Mobility Command prior to the Oct. 1, 1993, rule change can be shipped back to the United States aboard Cat. B flights.

There are other restrictions for passengers who want to ship their pets overseas, according to Moss. Such factors as age and breed can affect pet shipment. He advises passengers to check with their local traffic management offices to help make "Fido's" or "Fluffy's" move as smooth as possible. (Courtesy of AMC News Service)

Recruit-the-recruiter

The recruit-the-recruiter team is conducting a one-hour-briefing Oct. 29 in the 492nd Fighter Squadron auditorium. Staff sergeant selects through master sergeants with less than 16 years in and who are within 13 months of their date-estimated-return-overseas are eligible. Qualified candidates will be selected on the spot. For more information call DSN 487-3511 or commercial (210) 652-3511.

TRICARE changes

TRICARE Europe Prime enrollment for CHAMPUS-eligible retirees and their family members originally planned to start Oct. 1 has been postponed. Until a new enrollment date for CHAMPUS-eligible retirees is set, all retirees and family members will continue to be seen on a space-available basis at military medical facilities. For more information, call the TRICARE service center at (01638) 526210.

Ceiling rises for catastrophic losses

BOLLING AIR FORCE BASE, D.C. (AFNS) — The Defense Authorization Act for 1996 raised the limit on personal property claims from \$40,000 to \$100,000. Air Force legal officials at Bolling Air Force Base, Washington D.C. said the law affects everyone who has or will suffer personal property losses because of emergency evacuations and extraordinary circumstances because of their service.

The policy change affects military and civilian employees. It is retroactive for those who previously filed a claim and had their claim payment limited by a statutory maximum.

People with prior claims who seek more relief have until Feb. 10 to file a request for added relief under the new law. Requests must be in writing and include all previous documentation regarding the claim. Requests may not include items not listed on the original claim form.

The Air Force Claims Division at Bolling will decide if a request qualifies for added payment. Requests should be sent to the division at AFLSA/JACC, 112 Luke Ave., Ste

343, Bolling AFB, D.C. 20332-8000.

People who want the added relief should first check with the base legal office where they filed their original claim to make sure all documents have been forwarded to the Air Force General Claims Division.

For more information, call the General Claims Division at (202) 767-1585 or DSN 297-1585.

Glitch deletes GI Bill collection

WASHINGTON (AFNS) — Thousands of airmen and soldiers enrolled in the Montgomery GI Bill have received surprising — but temporary — increases in their take-home pay.

Computer programming deleted the GI Bill collection from September's mid-month pay, boosting net earnings by \$50; however, that \$50 and the regular \$50 deduction will be collected from September end-of-month pay.

The problem arose when new software ended Montgomery GI Bill deductions one month early for 7,161 airmen and soldiers.

People affected should receive a notice in their next leave-and-earning statements explaining the pay action.

Military charter terminal changes

WASHINGTON (AFNS) — Military travelers will soon have a new gateway when traveling on chartered aircraft to and from Europe and the Middle East. An international passenger charter service gateway is opening at Baltimore-Washington International Airport in February.

The new gateway is expected to save \$2 million annually, said Air Force officials.

Military passenger service currently operates out of Philadelphia Airport. This service will end in February. Transportation officials expect nearly 160,000 passenger per year will use the Baltimore-Washington International Airport for this service.

A shift in military population as a result of base realignment and closure actions influenced this decision to help reduce travel costs by keeping commercial passenger gateways close to large military population centers.

Liberty Warrior

'Can do' person of the week



Photo by SrA. Grace Hunt

SrA. Brandon Hess 48th Equipment Maintenance Squadron

Hometown: Wynne, Arkansas

Time in service: Three years, seven months

Time on station: One year

Role in mission: I inspect, troubleshoot, repair and deliver fully-mission capable aerospace ground equipment to the flightline and allied shops.

Hobbies: Hunting, fishing, scuba diving

Favorite movie: Star Wars

What advantages are there to being stationed here? Having the opportunity to see Europe.

What was the last book you read? Colin Powell's autobiography, "My American Journey."

Why did you read it? I wanted to see the changes the Air Force went through in his career.

What's your favorite region of the United States and why? The south, because I like the southern atmosphere along with the hunting and fishing.

Where do you see yourself in 10 years? A senior noncommissioned officer living in the southern United States with a family.

What would you do to make things better at RAF Lakenheath? Improve morale by making work more enjoyable.

Who is your role model and why? Anyone that has ever stood behind me, encouraged me, or helped me out during my career.

What do you like best about the Air Force? Empowerment. Giving our airmen something to work toward will give us better supervisors and leaders.



Photo by SrA. Grace Hunt

National POW/MIA remembrance ceremony

The RAF Lakenheath Honor Guard posts the colors during the National POW/MIA Day remembrance ceremony held at the Wings of Liberty Memorial park here Sept. 19.



Photo by SSgt. Scott Davis

Members of the Officers' and Civilians' Spouses' Club Holiday Bazaar committee.

OCSC needs volunteers for holiday bazaar Oct. 3-5

By Sandy Prebeck
Officers' and Civilians' Spouses Club

The RAF Lakenheath Officers' and Civilians' Spouses' Club Holiday Bazaar is Oct. 3-5. And we need your support.

But why should you volunteer?

The Holiday Bazaar is an annual event sponsored by the RAF Lakenheath Officers' and Civilians' Spouses' Club, and proceeds



Courtesy photo

Cheri Linebarger, left, and Anne Hamilton, OCSC committee members, work on a sign for the Holiday Bazaar.

On the Cover

Sandy Prebeck helps a student down a slide at the Lakenheath Primary School. Proceeds from last year's bazaar helped purchase the slide.

from the bazaar touch every member of the RAF Lakenheath and RAF Feltwell community -- both in the American and British communities.

For example, if you've added to your family size by having a baby while stationed here, the bazaar proceeds provided money for the Family Support Center's Layette Program.

Do you have a Girl Scout, Cub or Boy Scout in the family? If so, the bazaar proceeds go to them for various supplies required to make these programs work. In fact, some of the money donated last year was for the Girl Scouts to buy a vacuum cleaner and the Cub Scouts to purchase camping equipment.

Are your children in school? If so, whether they are in British schools or DoDDS schools, even pre-school or play groups, the OCSC Bazaar touches them through the many dollars and pounds donated to keep these schools and groups offering the programs you want.

Scholarships? That's right, the OCSC provides thousands of dollars for scholarships each year. Many high school seniors compete for scholarship money. Dependent spouses also benefit by competing for both undergraduate and graduate-level scholarships made available by the OCSC Bazaar.

Have you or anyone you know qualified for a quarterly or annual award? Well, quite often the rewards received were made possible by donations from the OCSC.

What does the OCSC ask of you, a member of the community? That's simple. We ask you to donate a few hours and help us make this year's bazaar a successful fund-raiser. We cannot do it without your help. The OCSC Bazaar Committee needs volunteer sales recorders, finance runners, food runners, set-up/take-down teams, and pre-staging coordinators.

Door prizes, early shopping passes, reim-

Organizations which benefitted from last year's bazaar:

AF Village
AF Enlisted Widows Home
Fisher House
National Military Family Association
Lakenheath & District Lions Club
British Red Cross
Children's Holidays 1996
American Red Cross

Educational Donations:

Necton Playgroup
Branden Pre-School Playgroup
Feltwell Elementary School
Lakenheath County Primary School
Laureate County Primary School
St. Mary's C of E Voluntary Aided Primary School
Glade Primary School
Mildenhall Upper School
Gazeley School PTA

Health and Wellness Donations:

Rainbow Appeal
Marie Curie Cancer Care
The Kidney Foundation
Pediatric Clinic
Heath & Wellness Center

Local/National Military Support:

Asian-Pacific Heritage Month
48th FW Fire Prevention Week
48th FW Women's Equality Day
48th FW Liberty Wing Top 3
48th Logistics Group annual Awards Banquet
USAFE Enlisted Awards Program
48th Honor Guard Appreciation Luncheon
48th FW Alcohol Abuse Prevention Working Group
48th FW Good Sam
USAF Air-to-Air Weapons Meet
Women in Military Service for American Memorial Foundation, Inc.

Youth Support:

USA Girl Scouts-Anglia Neighborhood
Cub Scout Pack 219
Cub Scout Day Camp
Kidfest 97
AVID students/DoDDS Outdoor Education program
Club Beyond
The Friends of the Family
Lakenheath High School Wrestling Team
Lakenheath High School Booster Club-Duke of Edinburgh Club
Lakenheath High School Booster Club-Model United States Senate
Lakenheath High School Booster Club-Model United National
Lakenheath Elementary School

Basewide Family Support:

New Baby Layette Program
Bury's Stray Cat Fund

bursament for child care are incentives the OCSC offers each volunteer. Students over 14 can volunteer and get community service credit! Active duty members benefit through community service inputs in enlisted and officer performance reports. So whether you can give two hours or two days the Bazaar Committee needs you to help us give back to our own community.

To volunteer, contact Sara Lynn Vied at (01638) 532582

Liberty Wing celebrates USAF 50th anniversary



Photo by SrA. Scott Asche



Photo by TSgt. Brad Fallin



Photo by SrA. Scott Asche



Photo by SrA. Scott Asche



Photo by SrA. Scott Asche

Clockwise from top left, Col. Jeffrey Kohler, 100th Air Refueling Wing commander, left, and Col. Doug Richardson, 48th Fighter Wing commander, make the first cuts in the 50th anniversary cake Sept. 18. F-15s fly by during the ceremony. Master sergeants Mark Bailey, left, and Jesse Turner Jr., RAF Lakenheath Top Three Association, present a Medal of Honor Memorial. A1C Gregory Bajoris, 48th Equipment Maintenance Squadron, plays "Amazing Grace" on the bagpipes. Children were entertained by clowns, balloons and bouncy castles at the celebration on the football field which followed the ceremony at Wings of Liberty Park.



Discover Britain

By Linda Laws
Community relations advisor

Devolution – The transfer of power or authority from a central government to a local government - as defined by the Random House College dictionary.

But what does devolution mean for Britain?

This is a difficult and complex question, but let me try to explain what it means. British papers and TV programmes have covered extensively the two votes which have recently taken place in Scotland and Wales for devolution. The two votes mean different things.

Scotland

The vote in Scotland had two elements - you may have read about yes/yes, yes/no, no/yes and no/no. The first part was a vote for a Scottish Assembly to be responsible for the fiscal budget (currently around £14 million per annum) and the second part was a vote to allow the Assembly to implement tax variations within limits.

There is a fear that a Scottish Assembly may use their powers to raise taxes even higher, but in fact their powers will be quite limited - they will only be able to vary taxation. For example, they will not be able to raise Value Added Tax - only reduce it. They will be able to achieve revenue gains through Income Tax, but then only up to a maximum of two pence to the pound.

You may have noticed that the vote took place on the 700th anniversary of William Wallace's ("Braveheart") victory over the English at the Battle of Stirling Bridge - some suggest to give home rule its maximum appeal.

Scotland produces a huge amount of revenue from its oil industry and could be self-sufficient. Wales has never generated its own revenue to this extent and has always been reliant on a budget from Westminster, the seat of British government.



Wales

In Wales the vote was purely for a Welsh Assembly to manage the budget for Wales (currently around £7 million per annum).

The major difference between Scotland and Wales is that Wales has never had its own parliament like Scotland. Scotland also has its own legal system, which Wales does not.

Results

A significant factor between the two countries was the number of people who voted in each ballot. In Scotland 60.2 percent of the eligible electorate turned out to vote compared to 50.1 percent in Wales. In Scotland the margin for devolution was 74.3 percent to 25.7 percent and in Wales the margin was 50.3 percent to 49.7 percent.

The proportion of Welsh people voting for an assembly was only 25.2 per cent and in Scotland it was 44.7 per cent.

The outcome also shows the Welsh to be deeply divided, with half the 22 local authorities (district councils) voting for devolution and half the other way. In contrast, in Scotland every local authority backed devolution.

When will it happen?

The recent voting is only the first step to devolution, and there are many aspects to be discussed and argued over. Also, much of the legislation needs to be approved by Westminster. If all this happens, the two Assemblies will come into effect in 1999.

The current Scottish and Welsh offices -- headed by Westminster-appointed people - will be disbanded in favour of assemblies. In Scotland there will be 129 members, 56 of whom will be elected by proportional representation. It is predicted that no one party will have an overall majority. In Wales there will be 60 members, 40 elected members and 20 appointees from party lists based on proportional representation.

Will England want to regionalise, too?

A formula determining the allocation of public spending agreed to in 1978 currently gives Scotland and Wales 25 percent more cash per head than England, and some Members of Parliament predict there will be demands in England for a more equitable share once Scotland runs its own budget. Jack Straw, home secretary, has proposed that changes for England should not be considered until the next general election, although already there has been much speculation about the future.

British or English?

Fifty years ago, if you asked an English person what their nationality was, they would probably have told you they were British, but if you asked the same question of a Welsh or Scottish person they would have told you they were Welsh or Scottish, respectively. Young English people are changing too, and in a recent survey of teenagers, two-thirds saw themselves as English rather than British.

OCSC bazaar

The annual officers' and civilians' spouses' club holiday bazaar is Oct. 3 - 5. There will be more than 190 vendors in three hangars. The bazaar is open from 6 - 8 p.m. Oct. 3 to military identification card holders and to the public from 9 a.m. - 6 p.m. Oct. 4 and 10 a.m. - 5 p.m. Oct. 5.

Also, volunteers to help out at the bazaar are needed. Call Sara Lynn Vied at (01638) 532582 to volunteer.

Yuletide bazaar

The RAF Mildenhall Enlisted Spouses' Club's bazaar committee needs volunteers to act as sales recorders Nov. 15 - 16. Volunteers will be offered paid baby-sitting, a chance to shop early Nov. 14 and chances to win trips and other door prizes. For more information on volunteering, call Kathryn Cole at (01638) 510117, or Chantel Lemaster at (01353) 675201.

Scale model show

A scale model show is from 10 a.m. - 5 p.m. Oct. 5 at the Bob Hope Community Activity Center, RAF Mildenhall. For more information call Andy Tingey at (01638) 741059.

Pumpkin carnival

The great pumpkin carnival begins at 5 p.m. Oct. 31 at RAF Feltwell Elementary School. Any squadron units or booster clubs interested in selling food or providing a game for the carnival, and anyone interested in volunteering, should call Linda Paladini at (01842) 828671 or Janita Brown at (01953) 885818.

RAF Croughton bazaar

The RAF Croughton bazaar is 10 a.m. - 5 p.m. Oct. 10 and 10 a.m. - 4 p.m. Oct. 11 at RAF Croughton. Admission and parking are free.

Flower-bulbs issued, loaner lawnmowers

The self-help center is issuing flower bulbs. Each family residing in military family housing is allowed six packages of bulbs and one sack of compost.

Also, the self-help center has started a lawnmower loaner program for military family housing occupants with permanent change of station orders.

Health, wellness center

☐ The next tobacco cessation class starts at 11:30 a.m. Oct. 7 and will be held at 11:30 a.m. Tuesdays until Nov. 25. The class is open to all military, family members and civilians. Nicotine patches will be offered. People who miss the first class can still enroll in the program.

☐ A stress management course class is from 1 - 3 p.m. Oct. 3. The course meets at 1

p.m. every Friday through Oct. 31. There will be no class Oct. 24. People who miss the first class can still enroll in the program.

The health and wellness center also offers advice on health, exercise, physical fitness, body fat and cholesterol testing and self-care. For more information on any of the above call the health and wellness center at Ext. 2710.

Air Force contest

The Air Force annual photography contest is in October and entries will be accepted Oct. 5 - 10. Call Ext. 2194 for more information.

Hispanic Heritage Month

RAF Lakenheath and RAF Mildenhall Hispanic Heritage Month activities: Fashion show, 2 - 5 p.m. Oct. 4 at the RAF Mildenhall Galaxy Club; BX static display, 10 a.m. - 4 p.m. Oct. 5 at the RAF Lakenheath Base Exchange; luncheon with guest speaker, 11:30 a.m. - 1 p.m. Oct. 10 at the RAF Lakenheath Officers' Club; American Youth Association activity day, 2 - 5 p.m. at the AYA; and fiesta night, 7 p.m. - 1 a.m. Oct. 12 at the RAF Mildenhall Officers' Club.

For more information on any of the above events, call TSgt. Debra Gallegos at Ext. 3553.

Rod and Gun fun day

The rod and gun club is holding a fun day from noon - 4 p.m. Saturday. There will be children's games, a bouncy castle, a chance to try archery, clay shooting and air rifles, and information on local fishing. Outdoor recreation will have information on outdoor activities. Also, paintball games will be held Saturday and Sunday from 10 a.m. - 5 p.m. For more information call Ext. 2368.

Chapel services

Catholic services

Daily Mass	
Monday	11:30 a.m.
Tuesday	5 p.m.
Wednesday	11:30 a.m.
Thursday	5 p.m.
Friday	11:30 a.m.
Saturday Mass	5 p.m.
Sunday Mass	9:30 a.m.
Sunday Mass at RAF Feltwell	11:30 a.m.
Religious education classes-Feltwell school cafeteria (Sunday)	10:15 a.m.
Religious educational classes-RAF Lakenheath Elementary School (Sunday)	11 a.m.

Protestant services

Liturgical service (Sunday)	8 a.m.
Shared-faith service (Sunday)	11 a.m.
Gospel service (Sunday)	1 p.m.
Shared-faith service at Feltwell	10 a.m.
Sunday school at Feltwell	9 a.m.
Denominational - Lutheran Wisconsin Synod (First Sunday each month Feltwell)	1 p.m.
Denominational - Assemblies of God Sunday Night Live (Sunday)	6 p.m.
Denominational - Grace Bible fellowship (Sunday at Feltwell)	4 p.m.
(Wednesday at Feltwell)	7 p.m.
Sunday school at Lakenheath Elem.	9:30 a.m.

Islamic services

Islamic Circle Thursdays, 5-6 p.m.
For details, call Maj. Laurence Brown at Ext. 2810

Jewish services

Services are held at the RAF Mildenhall chapel on the first and third Fridays of the month at 6 p.m. The officiating rabbi is Chap. (Maj.) Brett Oxman. Call DSN 238-2822 or (01638) 542822 for details. The RAF Lakenheath Jewish Lay Leader is Capt. Alan Perlman, Ext. 6328.

Orthodox (Christian) services

Call Lakenheath chapel at Ext. 3711 for details.

For emergency

For emergencies during duty hours call Ext. 3711 or the base command post at Ext. 4233 after duty hours. For information on services in the community, call Ext. 3711.

Family support center

All classes are at the RAF Lakenheath Family Support Center unless otherwise noted. For location, registration and information on listed programs, call Ext. 3847, or stop by building. 692. To register for classes through e-mail, forward your name, rank (if applicable), squadron, telephone number and number attending to chris.lawson@lakenheath.af.mil.

Volunteer information fair: 10 a.m. - 1 p.m. at the base exchange;

PCS with ease: 1 - 3 p.m. Oct. 1;

Planning for separation or retirement: 2 - 4 p.m. Oct. 1;

English as a second language: 6 - 8 p.m. every Wednesday;

Hearts apart: 10 a.m. - noon Oct. 3 and every Friday;

Teaching your kids responsibility: 10 a.m. - noon Oct. 7;

Volunteer orientation: 10:30 a.m. - noon Oct. 8;

Working in the UK - Center Parcs: 1 - 3 p.m. Oct. 9;

Youth life (ages 9 - 10): 4:30 - 5:30 p.m. Oct. 9 at the youth center;

Volunteer training - Microsoft Word 6.0: 10 a.m. - 2 p.m. Oct. 16;

Working in the UK - career assessment testing: 9 a.m. - 1 p.m. Oct. 17;

'Chill Out' (anger management for teens): 4:30 - 5:30 p.m. Oct. 17;

Transition assistance program (TAP): 1-5 p.m. Oct. 20, 8:30 a.m. - 5 p.m. Oct. 21 - 23;

Basic investing: 2-4 p.m. Oct. 21.

What's on at Services

Friday	Saturday	Sunday
<p>☐ An aircrew appreciation night is at the officers' club tonight from 5 - 9 p.m. (Ext. 3636)</p> <p>☐ "Dr. D" disc jockeys from 5 p.m. - 2 a.m. at the Liberty Club. (Ext. 3869)</p> <p>☐ Fiftieth- anniversary souvenir decanters are on sale at both clubs for \$29.95. (Ext. 3869)</p>	<p>☐ Dark Horse plays at the Liberty Club from 9 p.m. to 1 a.m. (Ext. 3859)</p> <p>☐ Information, tickets and tours sponsors trips to London or Stonehenge, and Salisbury.</p> <p>☐ A video club for children 6 - 8 meets at the youth center from 1 - 3 p.m. (Ext. 3180)</p>	<p>☐ Family health and fitness day at High Lodge Park begins at noon. (Ext. 2710)</p> <p>☐ The chess club meets at the RAF Lakenheath Community Activity Center from 4 - 6 p.m. (Ext. 2221)</p> <p>☐ Sunday brunch is at the officers' club from 9 a.m. - noon. (Ext. 3636)</p>

Crafts demonstration

A craft demonstration day is from 10 a.m. - 4 p.m. at the RAF Lakenheath Community Activity Center Saturday. Entry is free. For more information call Ext. 2221.

Yoga class

Yoga and relaxation classes begin Oct. 7 at the RAF Lakenheath Community Activity Center. Class are Tuesdays from 6:30 - 8 p.m. Cost is \$25 for four weeks. Call Ext. 2221 for more information.

Chess club

The next chess club meeting is from 4 - 6 p.m. Sunday at the community center. For more information call Ext. 2221.

Hip Hop for Teens

Hip Hop for Teens is from 5 - 6 p.m. Tuesdays. The price is \$3.75 per class and is open to teenagers 13 - 18. This class will give teens a chance to learn how to dance for

social events, learn the latest moves and meet new people. Call Ext. 3180 for details.

Parent and toddler classes

The youth center is offering two new classes for parents and children: Danceroics and Tots Tumbling and Basic Movement Class. The Danceroics class will be offered from 11 - 11:45 a.m. Wednesdays and is for parents and children ages 3 - 5. The Basic Movement class will be 10 - 10:45 a.m. Wednesdays for parents and children ages 2-5. Cost for each class is \$3.75. For more information call Ext. 3180.

Reading discussion group

Anyone interested in joining a reading group should call the base library at Ext. 3713. Meeting dates and times will be decided by the group.

Morale bus

The Shepherd's Grove morale bus provides transportation to and from RAF Lakenheath Community Activity Center and the Shepherd's Grove Community Activity Center. People can leave the Shepherd's Grove Community Activity Center at 9 a.m. to go to the RAF Lakenheath Community Activity Center. The bus picks up people to go back to Shepherd's Grove at 3:30 p.m. Cost is \$4 per person. For more information call Ext. 4417.

Frequent shopper's program

Electric Avenue offers a frequent shoppers program. Shoppers with the frequent shopper card who spend \$5 or more get a stamp. After 10 stamps, the shopper's card gets entered into a drawing for a cash prize. The next drawing is Dec. 19 for a \$300 shopping spree. The offer is also valid at Electric Avenue 2 at RAF Feltwell. There is no limit on entries for the drawing. Sponsored by GEICO Insurance (no federal endorsement of sponsor intended).

At the movies

RAF Lakenheath

Today

7 p.m. - "Out to Sea" (PG-13) Starring Walter Matthau and Jack Lemmon. Charlie and Herb wind up as dance instructors aboard a cruise ship in the Caribbean where they plan to meet wealthy women aboard the ship.

9:30 p.m. - "Face Off" (R) Starring John Travolta and Nicholas Cage. Travolta is a FBI anti-terrorist agent who attempts to capture the man who killed his son. Travolta assumes the criminal's identity, only to find the criminal, Cage, has assumed his identity.

Saturday

4 p.m. - "Wild America" (PG) Starring Jonathon Taylor Thomas and Devon Sawa. Three young brothers set out across the country with their camera.

7 p.m. - "My Best Friend's Wedding" (PG-13) Starring Julia Roberts and Dermot Mulroney. Julianne and Michael, best friends since childhood, agreed to marry each other if they were still single at age 28.

9:30 p.m. - "Hoodlum" (R) "Hoodlum" looks back at the 1930s into the lives of famous gangsters from that time.

Sunday

4 p.m. - "Wild America" (PG)

7 p.m. - "Hoodlum" (R)

Monday

7 p.m. - "My Best Friend's Wedding" (PG-13)

Tuesday

7 p.m. - "Hoodlum" (R)

Wednesday

7 p.m. - Movie schedule not available

Thursday

7 p.m. - Movie Schedule not available

RAF Mildenhall

Friday

7 p.m. - "A Simple Wish" (PG) Starring Martin Short and Mara Wilson. Anabel wishes for a fairy godmother but gets Murray, a poor spell-caster, instead. Meanwhile, an evil fairy godmother tries to take over all the wishes of the world.

9:30 p.m. - "Men in Black" (PG-13) Starring Tommy Jones and Will Smith. Jones and Smith work for a top secret government agency dealing with aliens on earth. The two discover a deadly intergalactic plot.

Saturday

7 p.m. - "A Simple Wish" (PG)

9:30 p.m. - "Fire Down Below" (R) Starring Marg Helgenberger and Steven Segal. An environmental protection agent goes undercover in rural Kentucky to find who is involved behind the dumping of lethal chemicals.

Sunday

4 p.m. - "Men in Black" (PG-13)

7 p.m. - "A Simple Wish" (PG)

Monday

7 p.m. - "Fire Down Below" (R)

Tuesday


7 p.m. - "Fire Down Below" (R)

Wednesday

7 p.m. - Movie schedule not available

Thursday

7 p.m. - Movie schedule not available



Menu

Friday
Lunch: manicotti florentine, roast beef, ginger-basted cod
Dinner: spaghetti with meatballs, Newport-fried chicken, Steak-Ums

Saturday
Brunch: pork chops Mexicana, teriyaki-chicken
Supper: steak smothered with onions, el rancho stew, chicken nuggets

Sunday
Brunch: vegetarian cabbage, breaded shrimp
Supper: roast veal with herbs, Salisbury steak, chicken in Dijon sauce

Monday
Lunch: beef stroganoff, hot and spicy baked chicken, parmesan fish
Dinner: baked and stuffed pork chops, breaded shrimp, beef cordon bleu

Tuesday
Lunch: braised beef and noodles, Jaegerschnitzel with mushrooms, barbecued spareribs
Dinner: country-style steak, Cornish hen, French-bread pizza

Wednesday
Lunch: lasagna, chicken-breast parmesan, spaghetti with meatballs
Dinner: turkey ala king, breaded liver with onions, beef pot roast

Thursday
Lunch: sweet and sour pork chops, beef fajitas, Yakisoba vegetarian
Dinner: Swiss steak with mushroom, Creole shrimp, fried chicken

Liberty Football Club

Carlos Correa Jr., Liberty Football Club player, boots the ball down field during Saturday's match against RAF Mildenhall. Mildenhall won the game 3 - 0. Liberty's next game is 2:30 p.m. Saturday at RAF Feltwell, where they meet Mildenhall again in the Mick McNeil Cup.



Photo by Kymm Kent

Sports Shorts

High school football

The RAF Lakenheath High School junior and varsity football teams host Heidelberg High School football teams Saturday. Junior varsity teams play at 10:30 a.m. and varsity teams play at 1 p.m.

Family health and fitness day

The sports and fitness centers at RAF Lakenheath and RAF Mildenhall host a family health and fitness day Sunday at High Lodge Park.

Events of the day include a five-kilometer fun-run, ten-kilometer family walk and a 10-20-kilometer bike ride. No preregistration is required. There is a picnic area to bring a lunch, and a £2 parking fee. For more information call Ext. 2170.

Friday night skating changes

The skating rink's Friday night hours return to open skating today. Hours are 7 - 11 p.m. and the rink is open to all ages. Children ages 10 and under must be under the constant supervision of an adult sponsor.

Previously, Friday night skating was for teenagers 13 and older. This skating session for teens had been instituted as a result of teenagers requests and surveys indicating there would be a significant increase of teenage skaters if they could skate without the younger children.

Because of low attendance levels since the start of the teen night, the skating rink has changed back to open skating on Friday nights.

For more information about the change call the skating rink at Ext. 1627.

Volkspport '97

The RAF Lakenheath Community Activity Center, outdoor recreation and the swimming pool sponsor Volkspport '97 Oct. 11 at Brandon Country Park. Preregistration is available until Oct. 9, or day-of-event for the walking portion. Entry is free. Medals and stamps will be available to purchase. Start time for the short walk, long walk and cycle portions is 8 a.m. and the swim start time is noon. Registrations are accepted at outdoor recreation, the swimming pool and the RAF Lakenheath, RAF Feltwell and Shepherd's Grove Community Activity Centers. For more information call Ext. 2221 or 2146.

Bowling tournament

The next Colourama tournament is at 7:30 p.m. Oct. 4. For more information call Ext. 2108.

Golf course specials

The golf course is running two specials. The first is a five-round punch card. Cost is \$32 for E-1 through E-4s and \$40 for E-5s and up. The second special is a beginners' package. For \$79.95, a beginner gets three lessons, three rounds of golf, three rounds of club rentals, 10 buckets of range balls and \$20 off a set of clubs, if purchased. For more information call Ext. 2223.

Tae Kwon Do

The Shepherd's Grove Community Activity Center offers Tae Kwon Do classes at 7 p.m. Wednesdays and 7:30 p.m. Fridays. Classes are available for children and adults. For more information call (01359) 250269.

Intramural flag football standings as of Sept. 14

48 COMM	9	0
48 SUPPLY	6	1
48 MED GRP	7	3
48 SFS	8	4
48 TRNS	6	4
48 MSS	6	4
48 EMS	5	3
493 FS	6	5
48 CRS	4	3
LANCER FLIGHT	5	5
48 CONS	4	7
48 CES	3	7

Intramural golf standings as of Sept. 3

48 CRS 1	11	1
492 FS	10	3
48 COMM	9	2/1
48 EMS 1	9	2/1
48 SUPPLY	9	4
494 FS	8	3
48 OSS	7	4
EMS 2	7	4
493 FS	7	6
48 CRS 2	6	5
DSTS	4	7
372 TRS Det 16	4	7/1
48 SUPPLY 2	3	7/1
48 LSS	3	8
48 SPS	2	8
48 MED GRP 1	3	9

Standings provided by the fitness and sports center, Ext. 3607.

Base intramural winners

Intramural horseshoes champion - Randy Otte, 492 FS; intramural tennis champion, singles - Billy Thomas, 48 CES; intramural tennis champions, doubles - Stephen Meigs and Raymond Barbera; and summer league basketball champions - Postive Play.

Adult Swim lessons

The swimming pool offers adult swim lessons from 6:45 - 8:30 p.m. Thursdays. Cost is \$18 for four lessons. Two different classes are offered: adult beginner and stroke improvement. Call Ext. 2815 for details.

Hockey equipment available

The RAFL Skating Pro Shop can meet all of your hockey equipment needs. For details call Ext. 1627.

Feltwell step classes

Free step-aerobics classes are from 7 - 8 p.m. Mondays, Tuesday and Thursdays at the RAF Feltwell Elementary School. For more information call Ext. 5076.